**CHICKEN STIR FRY**

***Preparation Jobs***- *Cut the following in the correct knife cut:*

**Vegetable bag #1:**

Bok Choy: Wash, chop into thin strips.

Carrot: Pare, wash, slice diagonally

Broccoli: Wash, trim ends, cut into equal size florets

**Vegetable bag #2**:

Onion: Wash, remove roots, slice into thin slices.

Zucchini: Wash, remove stem ends, cut into half, slice thin diagonally.

**Vegetable Bag #3:**

Pea Pods: Wash , place on paper towels to dry .

**Chicken:** Remove fat. Cut into one inch tenderloin type pieces ***with*** the grain.

Cut into thin strips **against** the grain.

Place chicken in cereal bowl.Cover with plastic wrap.

***Presentation Day Demonstration Jobs:***

*Prepare sauce*: Place 1 cup water in liquid measuring cup.

***STIR FRY SAUCE-*** add the following ingredients to your water. Stir with small spoon***. Set aside.***

1 teaspoon chicken soup base- can use 1 cup of chicken broth instead of water and soup base

1 Tablespoon cornstarch

3 Tablespoons soy sauce

3 teaspoons sugar

½ teaspoon ginger

Dashes of pepper

***Stir- fry*** -

1. Add 2 Tablespoons oil to large skillet. Preheat for about 1 minute. Add chicken slowly and stir-fry until chicken is done. There should be no pink color on chicken – juices should run clear. Remove chicken with a slotted turner and put on a CLEAN plate. Set aside.
2. Add Vege Bag #1 to skillet. Stir-fry until vegetables are tender-crisp. Add 1 T. of water to pans and quickly cover with a lid to steam the veges. This step is done when the broccoli changes to a bright green color.
3. Add Vege Bag #2 to skillet. Stir-fry for about 2/3 minutes. This step is done when the onion turns ***translucent.***
4. Add the cooked chicken to the vegetables in skillet. Stir sauce and add to skillet. Cook over med-high heat until the sauce thickens and turns a shiny brown color.
5. Add Vege Bag #3 and cook for 1 minute.